

AVAILABLE
MON - FRI 8AM - 12PM
SAT - SUN 9AM - 12.30PM

PLEASE ORDER
AT THE BAR

LOW GLUTEN BRUNCH

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Eggs Florentine (v) • 7.75 | Eggs Benedict • 8.75 | Eggs Royale • 8.75

with Gluten Free Toast

Breakfast Salad of Smoked Salmon, Cucumber, Shaved Fennel with Lemon and Dill Dressing • **7.5**

Potato and Okra Hash with Chickpea, Poached Egg and Chilli (v) • **8**

Slow Cooked Beef Brisket with Poached Egg, Gluten Free Bread and Chimichurri Sauce • **9.25**

Smoked Salmon, Avocado, Poached Egg with Gluten Free Toast • **9.5**

House Breakfast with Bacon, Egg, Hash Brown, Beans, Tomato, Mushroom and with Gluten Free Toast • **11.5**

Smoothies:

Passion Fruit, Papaya, Pineapple, Peach, Guava and Aloe Vera • **4.5**

Blueberry, Blackberry, Blackcurrant and Banana • **4.5**

Acai, Strawberry, Blueberries and Mango • **4.5**

COLD PRESSED JUICES

Kale, Spinach, Apple, Cucumber, Celery, Lemon and Ginger • **4**

Carrot, Apple, Red Pepper, Lemon, Ginger and Turmeric • **4**

Beetroot, Apple, Carrot, Cucumber and Lemon • **4**

AVAILABLE
MON - FRI 12 - 9.30PM
SAT - SUN 12.30 - 9.30PM

SIDES

Homemade Slaw (v) • 3

Mixed Olives (ve) • 3.5

Fries (ve) • 3.5

Green Salad • 4.5

with Courgette, Cucumber, Peas,
Chimichurri and Sea Salt (ve)

Rocket and Parmesan Salad • 5.5

with Sun Blushed Tomato and Balsamic Dressing

Roasted Butternut Squash • 6.5

with Harissa, Buffalo Mozzarella, Almonds and
Crispy Sage

DESSERTS

Gelato • 5

Chocolate with Strawberries

Strawberry with Chocolate Flakes

Hazelnut with Roasted Almonds

Vanilla with Honey Pistachios

Orange Chocolate Pot • 5

with Almonds and Shortbread

AVAILABLE
MON - FRI 12- 9.30PM
SAT - SUN 12.30 - 9.30PM

PLEASE ORDER
AT THE BAR

LOW GLUTEN SMALL PLATES

.....

House Soup with Gluten Free Bread • **6.5**

* **Avocado and Feta** with Harissa Yoghurt and Gluten Free Bread • **7.75**

* **Bruschetta of the day on Gluten Free Bread** • **8**

Smoked Mackerel Pâté with Tomato Salsa and Gluten Free Bread • **8**

LOW GLUTEN LARGE PLATES

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Heirloom Tomato and Ricotta Salad • **7.5 / 11.75**

with Pomegranate, Pine Nuts and Baby Basil (v)

Smoked Chicken Caesar Salad • **8.5 / 12.75**

with White Anchovies, Pancetta, Parmesan, Paprika and Chives

Slow Cooked Beef Brisket and Sweet Potato Hash • **14.75**

with Fried Egg, Gluten Free Bread and Sweet Tomato Chutney

* **Baked Fillet of Cod** with Capers, Tomato, Olives, Anchovies and Chat Potato • **15.5**

LOW GLUTEN BURGERS

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ALL BURGERS ARE SERVED WITH FRIES, DILL PICKLE AND HOMEMADE SLAW ON A GLUTEN FREE BUN

Low Carb Burger your choice of burger without the bun, served with a salad instead of fries • **12.5**

Plough Burger with Fried Onion, Plough Burger Sauce, Iceberg, Melted Cheddar and Mustard Pickle • **14**

Streaky Bacon and Avocado Burger with Red Leicester, Tomato and Chilli Salsa • **14**

Chicken Burger with White BBQ Sauce and Chipotle Mayo • **14**

* **THESE DISHES ARE NOT AVAILABLE ON SUNDAYS OR BANK HOLIDAYS**